



Integral University, Lucknow

Effective from Session: 2019-2020							
Course Code	HS303	Title of the Course	Positive Psychology	L	T	P	C
Year	III	Semester	V	5	1	0	6
Pre-Requisite	Intermediate (10+2)	Co-requisite	None				
Course Objectives	To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.						

Course Outcomes	
CO1	To understand the meaning and perspective of positive psychology
CO2	To know about positive emotions and its importance
CO3	To understand the meaning and importance of emotional intelligence
CO4	To study the positive cognitive states and processes
CO5	To work on the applications of positive psychology in detail

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction: Positive Psychology	An Introduction, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.	18	CO1
2	Positive Emotional States And Processes-I	Happiness and Well being Positive Affect and Positive Emotions	18	CO2
3	Positive Emotional States And Processes-II	Emotional Intelligence, Resilience	18	CO3
4	Positive Cognitive States And Processes	Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness	18	CO4
5	Applications	Work, education, ageing, health Practicum: Any two practicum can be designed from the syllabus provided so as to enhance the understanding of the concepts and applications of positive psychology	18	CO5

Reference Books:

1. Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.
2. Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
3. Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
4. Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.
5. Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
6. Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.

e-Learning Source:

- <https://www.scribd.com/document/374854620/Positive-Psychology>
<https://swayam.gov.in/>
<https://egyankosh.ac.in/handle/123456789/1>

PO-PSO	Course Articulation Matrix: (Mapping of COs with POs and PSOs)												
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	3	2	1	2	1	2	2	2	1	2	2	3	5
CO2	3	3	1	1	2	1	2	3	2	2	3	3	3
CO3	3	3	1	2	1	2	1	2	2	1	2	4	1
CO4	2	2	3	2	2	1	1	2	3	4	2	3	2
CO5	3	2	2	2	1	1	1	3	2	2	3	2	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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